

NUTRITION RESOURCES

Special Diets

This list contains online resources for accommodating special diets in school nutrition programs. Resources are listed by main category. Many Web sites contain information on multiple content areas. For more content areas related to food and nutrition, see the Connecticut State Department of Education's (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

Quick Tips: Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

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For more information, visit the CSDE's [Nutrition Education](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

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Accommodating Special Dietary Needs

- A Guide to Special Food and Nutrition Needs.* National Food Service Management Institute, 2009. Fact sheets with nutrition information for students with special nutrition needs, including: A Closer Look at Overweight; What is Diabetes?; Is Diabetes a Disability?; A Closer Look at Type 1 Diabetes; A Closer Look at Type 2 Diabetes; Meal Planning Methods for Diabetes; How School Nutrition Staff Help Students with Diabetes; Find Carbohydrates on Food Labels; A Closer Look at Food Allergy; A Closer Look at Food Intolerance; A Closer Look at Celiac Disease; How School Nutrition Staff Help Students with Allergies or Intolerances; How to Read a Food Label for Allergens and Ingredients; Food Labels and Milk Allergy; Food Labels and Egg Allergy; Food Labels and Peanut Allergy; Food Labels and Tree Nut Allergies; Food Labels and Fish and/or Shellfish Allergies; Food Labels for Soybean or Soy Allergy; Food Labels and Wheat Allergy; Food Labels and Lactose Intolerance; Food Labels and Gluten-Containing Foods and Ingredients.
<http://nfsmi.org/ResourceOverview.aspx?ID=329>
- A Family's Guide To.* National Food Service Management Institute, 2009. Factsheets addressing topics that include School Nutrition Programs, Special Nutrition Needs, Differences Between Disabilities and Health Concerns, Physician's Statement for Disabilities, Medical Statements and Temporary Disabilities.
<http://nfsmi.org/documentlibraryfiles/PDF/20091022040235.pdf>
- A School Administrator's Guide To.* National Food Service Management Institute, 2009. Factsheets addressing topics that include Topics include School Nutrition Programs, School Nutrition Laws and Regulations and Understanding the Difference Between Disabilities and Health Concerns. <http://nfsmi.org/documentlibraryfiles/PDF/20091022040612.pdf>
- A School Nurse's Guide To.* National Food Service Management Institute, 2009. Factsheets addressing topics that include School Nutrition Programs, Special Nutrition Needs for Disabilities and Health Concerns, Diabetic Meal Plans, Meal Plans for Food Anaphylaxis, Food Allergies and Celiac Disease Meal Plans.
<http://nfsmi.org/documentlibraryfiles/PDF/20091022041353.pdf>
- A School Nutrition Staff's Guide To.* National Food Service Management Institute, 2009. Factsheets addressing topics that include School Nutrition Programs, Special Nutrition Needs, Difference Between Disabilities and Other Health Concerns, Physician's Statement, Special Nutrition Needs for Health Concerns, Medical Statement for Health Concerns not Considered Disabilities and Temporary Disabilities. <http://nfsmi.org/documentlibraryfiles/PDF/20091022041932.pdf>
- A Teacher's Guide To.* National Food Service Management Institute, 2009. Factsheets addressing topics that include School Nutrition Programs, Special Nutrition Needs for Disabilities and Special Nutrition Needs for Health Concerns.
<http://nfsmi.org/documentlibraryfiles/PDF/20091022042204.pdf>
- Accommodating Children with Special Dietary Needs in the School Nutrition Programs.* U.S. Department of Agriculture, 2001.
http://www.fns.usda.gov/cnd/guidance/special_dietary_needs.pdf
- Accommodating Special Dietary Needs in School Nutrition Programs.* Connecticut State Department of Education, January 2013.
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/AccommodatingSpecialDiets.pdf>
- Disease Management and Prevention.* American Dietetic Association. <http://www.eatright.org/diseasemanagement/>
- Child Care Fact Sheet: Reading Labels for Food Allergens.* National Food Service Management Institute, 2009.
<http://www.nfsmi.org/documentlibraryfiles/PDF/20090210032840.pdf>
- Children and Youth with Special Health Care Needs Knowledge Path.* Maternal and Child Health Library. An electronic guide on recent, high-quality resources for health professionals and families about caring for children and adolescents with special health care needs. http://www.mchlibrary.info/KnowledgePaths/kp_CSHCN.html
- Everything You Need to Know About Asthma & Food.* Food Insight, International Food Information Council Foundation, 2009.
http://www.foodinsight.org/Resources/Detail.aspx?topic=Everything_You_Need_to_Know_About_Asthma_Food
- Guidelines for Feeding and Swallowing Programs in Schools.* Connecticut State Department of Education, 2008.
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Special/Feeding_and_Swallowing.pdf
- Handbook for Children with Special Food and Nutrition Needs.* National Food Service Management Institute, 2006. <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080213015556.pdf>
- Helping Child Nutrition Professionals Communicate Effectively with the Families of Special Needs Children Webinar.* National Food Service Management Institute, May 2009. <http://nfsmi.org/ResourceOverview.aspx?ID=283>.
- Managing Nutrition Services for Children with Special Needs.* National Food Service Management Institute, 1994.
<http://www.nfsmi.org/documentlibraryfiles/PDF/20080313122723.pdf>

Accommodating Special Dietary Needs

Meeting Children's Special Food and Nutrition Needs in Child Nutrition Programs. National Food Service Management Institute, Revised 2011. <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=89>

National Dissemination Center for Children with Disabilities. <http://www.nichcy.org/>

NFSMI Best Practices for Serving Students with Special Food and/or Nutrition Needs in School Nutrition Programs. National Food Service Management Institute, 2009. A self-assessment tool for school nutrition professionals to assess operational issues based on four practice categories (District/School Accountability, School Nutrition Responsibility, Information Resources and Environmental Considerations). <http://www.nfsmi.org/documentlibraryfiles/PDF/20090717040947.pdf>

Other Special Needs. Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/other-special-needs-1>

Policies on Special Diets. Connecticut State Department of Education. Information and resources on developing a written policy for addressing special dietary accommodations in school meals. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333750>

Special Diets. Connecticut State Department of Education. Information and resources on accommodating children with special dietary needs in school nutrition programs. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333730>

Special Diets. Healthy Meals Resource System, U.S. Department of Agriculture. Links to resources on special diets. <http://healthymeals.nal.usda.gov/resource-library/food-service/special-diets>

Special Needs Care for the Young Child. Mealtime Memo for Child Care 2001-6, National Food Service Management Institute, 2001. <http://www.nfsmi.org/documentLibraryFiles/PDF/20080612092843.pdf>

Special Needs Fact Sheets: Swallowing Fact Sheet for Child Nutrition Program Professionals. National Food Service Management Institute, 2004. <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080908023159.pdf>

Summary of Requirements for Special Dietary Accommodations in School Nutrition Programs. Connecticut State Department of Education, January 2013. http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/summary_chart_special_diets.pdf

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Celiac Disease

Celiac Disease. Medline Plus. <http://www.nlm.nih.gov/medlineplus/celiacdisease.html>

Celiac Disease, National Digestive Diseases Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases. <http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/>

Celiac Disease Center. Columbia University. <http://www.celiacdiseasecenter.columbia.edu>

Celiac Disease Foundation. <http://www.celiac.org/>

Celiac Disease Kids Site. Nemours Foundation Kids Health. http://kidshealth.org/kid/health_problems/stomach/celiac.html

Celiac Sprue Association. <http://www.csaceliacs.org/index.php>

Gluten-Free Diet: Grains and Flours. Celiac Sprue Association. http://www.csaceliacs.info/grains_and_flours_glossary.jsp

National Digestive Diseases Information Clearinghouse. <http://digestive.niddk.nih.gov/>

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Diabetes

- Actions for Food Service Personnel. Children with Diabetes.* http://www.childrenwithdiabetes.com/d_0q_5h0.htm
- American Diabetes Association.* Includes a page for professionals and one for laypersons, both providing a comprehensive resource on diabetes. <http://www.diabetes.org>
- Carbohydrate Counting for School Food Service Professionals Webinar.* National Food Service Management Institute, December 6, 2007. <http://www.nfsmi.org/ResourceOverview.aspx?ID=278>
- Care of Children with Diabetes in the School and Day Care Setting.* American Diabetes Association. http://care.diabetesjournals.org/cgi/content/full/26/suppl_1/s131
- Children with Diabetes: A Resource Guide for Families and Schools.* New York State Department of Health, 2009. <http://www.health.state.ny.us/publications/0944.pdf>
- Diabetes and Learning: A Resource Guide for Connecticut Schools.* Connecticut State Department of Education, 2005. http://www.sde.ct.gov/sde/lib/sde/PDF/deps/student/health/Learning_and_Diabetes.pdf
- Diabetes Management at School.* Children with Diabetes. http://www.childrenwithdiabetes.com/d_0q_500.htm
- Diabetes Management in School and Child Care.* Healthy Meals Resource Center, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/resource-library/special-diets/diabetes-management-school-and-child-care>
- Helping the Student with Diabetes Succeed: A Guide for School Personnel.* U.S. Department of Health and Human Services, June 2003. http://www.ndep.nih.gov/diabetes/pubs/Youth_SchoolGuide.pdf
- Helping Your Child Manage Diabetes at School.* Centers for Disease Control and Prevention, 2011. <http://www.cdc.gov/Features/DiabetesinSchool/>
- Meeting Children's Special Food and Nutrition Needs in Child Nutrition Programs, Lesson 2: Helping Students with Diabetes.* National Food Service Management Institute, 2006. <http://www.nfsmi.org/ResourceOverview.aspx?ID=89>
- National Diabetes Education Program.* U.S. Department of Health and Human Services. Fact sheets and resources for many different audiences. <http://ndep.nih.gov/>
- National Diabetes Information Clearinghouse.* National Institute of Diabetes & Digestive & Kidney Diseases. Information, resources and downloadable publications on diabetes <http://diabetes.niddk.nih.gov/> (English) and <http://diabetes.niddk.nih.gov/spanish/index.asp> (Spanish)
- Special Needs Fact Sheets: Diabetes Fact Sheet for Child Nutrition Program Professionals.* National Food Service Management Institute, 2003. <http://www.nfsmi.org/documentlibraryfiles/PDF/20100312115223.pdf>

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Eating Disorders

Academy for Eating Disorders. Professional organization with information and resources focusing on anorexia nervosa, bulimia nervosa, binge eating disorder and related disorders. <http://www.aedweb.org/>

Anorexia Nervosa. Food and Nutrition Information Center, U.S. Department of Agriculture. Links to information and resources. <http://fnic.nal.usda.gov/diet-and-disease/eating-disorders/anorexia-nervosa>

Anorexia Nervosa and Related Eating Disorders (ANRED). Nonprofit organization that provides information about anorexia nervosa, bulimia nervosa, binge eating disorder, compulsive exercising and other less well-known food and weight disorders. <http://www.anred.com>

Bulimia. Food and Nutrition Information Center, U.S. Department of Agriculture. Links to information and resources. <http://fnic.nal.usda.gov/diet-and-disease/eating-disorders/bulimia>

Eating Disorders. Food and Nutrition Information Center, U.S. Department of Agriculture. Links to information and resources. <http://fnic.nal.usda.gov/professional-and-career-resources/nutrition-and-health-organizations/eating-disorders>

Eating Disorders. Medline Plus. <http://www.nlm.nih.gov/medlineplus/eatingdisorders.html>

National Association of Anorexia Nervosa and Associated Eating Disorders. <http://www.anad.org/>

National Eating Disorders Association. Many resources for individuals, families, schools and communities. <http://www.nationaleatingdisorders.org>

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Food Allergies

- Allergies and Food Sensitivities*. Food and Nutrition Information Center, U.S. Department of Agriculture. Links to information and resources. <http://fnic.nal.usda.gov/diet-and-disease/allergies-and-food-sensitivities>
- American Academy of Allergy, Asthma and Immunology*. <http://www.aaaai.org/>
- Asthma and Allergy Foundation of America*. <http://www.aafa.org/>
- Food Allergen Labeling and Consumer Protection Act (FALCPA)*. U.S. Food and Drug Administration. <http://www.fda.gov/Food/LabelingNutrition/FoodAllergensLabeling/GuidanceComplianceRegulatoryInformation/ucm106187.htm>
- Food Allergy and Anaphylaxis Online Toolkit*. National Association of School Nurses. <http://www.nasn.org/ToolsResources/FoodAllergyandAnaphylaxis>
- Food Allergy & Anaphylaxis Network (FAAN)*. Informative resource for the facts on food allergy, including FAQs (Frequently Asked Questions), a newsletter and a section authored by a registered dietitian. <http://www.foodallergy.org/>
- Food Allergy Medline Plus*. National Library of Medicine and National Institutes of Health. <http://www.nlm.nih.gov/medlineplus/foodallergy.html>
- Food Allergies*. Healthy Meals Resource System, U.S. Department of Agriculture. Links to resources on food allergies. <http://healthymeals.nal.usda.gov/resource-library/special-diets/food-allergies>
- Food Allergies and Intolerances Resource List for Consumers*. Food and Nutrition Information Center, December 2010. <http://www.nal.usda.gov/fnic/pubs/bibs/gen/allergy.pdf>
- Food Allergies in Schools*. Centers for Disease Control and Prevention. <http://www.cdc.gov/healthyyouth/foodallergies/>
- Food Allergies in Schools*. National School Boards Association. This Web site contains the NSBA's *Safe at School and Ready to Learn: a Comprehensive Policy Guide for Protecting Students with Life-Threatening Food Allergies* and PowerPoint presentation. <http://www.nsba.org/foodallergy>
- Food Allergy Resource Center*. School Nutrition Association. Many resources on policy, action plans, management, label reading and training. <http://www.schoolnutrition.org/Content.aspx?id=17241>
- Food Allergy Resources*. National Food Service Management Institute. <http://www.nfsmi.org/ResourceOverview.aspx?ID=428>
- Food Allergy Standard Operating Procedures: Serving Safe Food to Students with Food Allergies*. National Food Service Management Institute, 2012. <http://www.nfsmi.org/documentlibraryfiles/PDF/20130227020642.pdf>
- Food Allergy Webinars*. School Nutrition Association. Three free webinars on understanding and addressing food allergies in schools. <http://www.schoolnutrition.org/Content.aspx?id=12090#part1>
- Guidelines for Managing Life-Threatening Food Allergies in Connecticut Schools*. Connecticut State Department of Education, 2006. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=334632>
- Life-Threatening Food Allergies in School and Child Care Settings. A Practical Resource for Parents, Care Providers and Staff*. British Columbia Ministry for Children and Families, 1996. http://www.healthservices.gov.bc.ca/cpa/publications/food_allergies.pdf
- Managing Food Allergies in the Cafeteria: Tips for Food Service Staff*. Food Allergy & Anaphylaxis Network. <http://www.foodallergy.org/page/managing-food-allergies-in-the-cafeteria->
- Managing Food Allergies in Child Care Centers (Video)*. National Food Service Management Institute, 2014. <http://www.nfsmi.org/ResourceOverview.aspx?ID=492>
- Managing Food Allergies in School (Video)*. National Food Service Management Institute, 2014. <http://www.nfsmi.org/ResourceOverview.aspx?ID=490>
- Managing Life Threatening Food Allergies in Schools*. Massachusetts Department of Education, 2002. <http://www.doe.mass.edu/cnp/allergy.pdf>
- National Institute of Allergy and Infectious Diseases*. National Institutes of Health. <http://www3.niaid.nih.gov/>
- Position Statement on Anaphylaxis in Schools/Child Care Settings*. American Academy of Allergy, Asthma and Immunology, August 1998. http://www.aaaai.org/media/resources/academy_statements/position_statements/ps34.asp

Questions and Answers Regarding Food Allergens, including the Food Allergen Labeling and Consumer Protection Act of 2004. U.S. Food and Drug Administration, 2006.
<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/ucm059116.htm>

Food Allergies

- School Food Allergy Program: A Comprehensive Program for Managing Allergies at School*. Munoz-Fulong, ed. Food Allergy Network, 2010. <http://www.foodallergy.org/page/updated-school-food-allergy-program>
- School Guidelines for Managing Food Allergies*. Food Allergy & Anaphylaxis Network. <http://www.foodallergy.org/school.html>
- School Guidelines for Managing Students with Food Allergies*. Statement from the American School Food Service Association, National Association of Elementary School Principals, National Association of School Nurses, National School Boards Association and The Food Allergy & Anaphylaxis Network. <http://www.foodallergy.org/school/guidelines/SchoolGuidelines.pdf>
- Special Needs Fact Sheets: Allergy Fact Sheet for Child Nutrition Program Professionals*. National Food Service Management Institute, 2003. <http://www.nfsmi.org/documentlibraryfiles/PDF/20100312115315.pdf>
- School Nutrition Association Food Allergy Resources (Podcasts and Webinars)*. School Nutrition Association and U.S. Department of Agriculture. Podcasts include Legal and Regulatory Requirements for Managing Food Allergies in Schools, Guidance for Managing Food Allergies in Schools, Teamwork is Key to Successful Food Allergy Management in Schools and [Food Safety Considerations and Food Allergy Management Best Practices for School Food Service](#). The Webinar is a three-part series on Managing Food Allergies in Schools. <http://www.schoolnutrition.org/Content.aspx?id=14376>
- Students with Chronic Illnesses: Guidance for Families, Schools and Students*. National Heart Lung and Blood Institute (no date). Presents positive actions schools and families can take to address multiple chronic diseases at once using the same action steps. <http://www.nhlbi.nih.gov/health/public/lung/asthma/guidfam.pdf>
- Teamwork is Key to Successful Food Allergy Management in Schools*. School Nutrition Association, February 22, 2012. <http://www.schoolnutrition.org/Content.aspx?id=16596>
- Understanding Food Allergy*. Food Insight, National Food Information Council Foundation, October 2009. http://www.foodinsight.org/Resources/Detail.aspx?topic=Understanding_Food_Allergy
- Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs*. Centers for Disease Control and Prevention, 2013. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf
- Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs: Frequently Asked Questions*. Centers for Disease Control and Prevention, 2013. http://www.cdc.gov/healthyyouth/foodallergies/pdf/Food_Allergy_Guidelines_FAQs.pdf

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Lactose Intolerance

Final Rule on Fluid Milk Substitutions (Operational Memorandum #3-09). Connecticut State Department of Education, November 14, 2008. http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/09/OM_03_09.pdf

Fluid Milk Substitutions in the School Nutrition Programs. Federal Register Vol. 73, No. 178, Friday, September 12, 2008. <http://edocket.access.gpo.gov/2008/pdf/E8-21293.pdf>

Lactose Intolerance. National Digestive Diseases Information Clearinghouse. <http://digestive.niddk.nih.gov/ddiseases/pubs/lactoseintolerance/index.htm>

Lactose Intolerance and Dairy. National Dairy Council. Current information on education materials, research, presentations, recipes and events related to lactose intolerance, as well as information on management strategies that can help individuals with lactose intolerance enjoy dairy foods and meet nutrient recommendations. <http://www.nationaldairycouncil.org/EducationMaterials/HealthProfessionalsEducationKits/Pages/LactoseIntoleranceAndDairy.aspx>

Lactose Intolerance & Your Child. National Dairy Council, 2012. http://www.nationaldairycouncil.org/SiteCollectionDocuments/health_wellness/lactose_intolerance/LI%20and%20Your%20Child%20FINAL%20January%202013.pdf

Lactose Intolerance Health Education Kit. National Dairy Council. <http://www.nationaldairycouncil.org/EducationMaterials/HealthProfessionalsEducationKits/Pages/LactoseIntoleranceHealthEducationKit.aspx>

Special Needs Fact Sheets. Lactose Intolerance Fact Sheet for Child Nutrition Program Professionals. National Food Service Management Institute, 2003. <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080908023132.pdf>

The Practical Significance of Lactose Intolerance in Children (American Academy of Pediatrics Policy Statement). Pediatrics, Vol. 62, no. 2, 1978 (Reaffirmed 1993). <http://aappolicy.aappublications.org/cgi/reprint/pediatrics;62/2/240.pdf>

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